

JUNE 2006



FFSC

FFSC CALENDAR OF WORKSHOPS

Naval Base San Diego * Naval Base Coronado * Naval Base Point Loma

FFSC

Transition & Spouse Employment

For registration or more information on the following workshops, please call 545-6071.

CONSEP 2 (Career Options and Navy Skills Evaluation Program)

June 27--30, Tuesday-Friday, 7:30 am--4:30 pm, NBSD, Bldg. 263, Classroom 3

Finding Federal Employment

June 12, Monday, 5:00 pm--7:00 pm, NBSD, Bldg. 263, Classroom 3
June 13, Tuesday, 9:00 am--11:00 am, NBSD, Bldg. 263, Classroom 3
June 20, Tuesday, 9:00 am--11:00 am, NBPL, Bldg. 211, Classroom 1
June 29, Thursday, 9:00 am--11:00 am, NBC, Bldg. 318, Conference Room

Introduction to Owning Your Own Business

June 19, Monday, 5:00 pm--7:00 pm, NBSD, Bldg. 263, Classroom 3
June 20, Tuesday, 9:00 am--11:00 am, NBSD, Bldg. 263, Classroom 3
June 29, Thursday, 5:00 pm--7:00 pm, NBC, Bldg. 318, Conference Room

Resume, Writing

June 6, Tuesday, 9:00 am--11:00 am, NBPL, Bldg. 211, Classroom 1
June 15, Thursday, 9:00 am--11:00 am, NBC, Bldg. 318, Conference Room
June 26, Monday, 5:00 pm--7:00 pm, NBSD, Bldg. 263, Classroom 3
June 27, Tuesday, 9:00 am--11:00 am, NBSD, Bldg. 259, Classroom 1

Winning Interview Techniques

June 05, Monday, 5:00 pm--7:00 pm, NBSD, Bldg. 263, Classroom 3
June 06, Tuesday, 9:00 am--11:00 am, NBSD, Bldg. 263, Classroom 3
June 13, Tuesday, 9:00 am--11:00 am, NBPL, Bldg. 211, Classroom 1
June 22, Thursday, 9:00 am--11:00 am, NBC, Bldg. 318, Conference Room



Volunteer Opportunities

FFSC offers opportunities in clerical support and customer service. Internships in curriculum development are also available. For information on volunteering or for help finding the right opportunity, please call Katherine at 556-9876.

Financial

For registration or more information on the following workshops, please call 545-6071.

Car Buying Strategies

June 1, Thursday, 2:00 pm--4:00 pm, NBC, Bldg. 318, Conference Room

Command Financial Specialist Training (CFS)

June 19--23, Monday-Friday, 8:00 am--4:00 pm, NBSD, Bldg. 259, Classroom 1

Home Buying

June 27, Tuesday, 1:00 pm--4:00 pm, NBSD, Bldg. 259, Classroom 1

REDUX and the \$30,000 Bonus

June 7, Wednesday, 2:00 pm--3:00 pm, NBPL, Bldg. 211, Classroom 1

Savings and Investments

June 6, Tuesday, 2:00 pm--3:30 pm, NBSD, Bldg. 263, Classroom 3

The Art of Successful Investing

June 13, Tuesday, 12:00 pm--1:30 pm, NBSD, Bldg. 263, Classroom 3

Thrift Savings Plan (TSP)

June 8, Thursday, 2:00 pm--3:30 pm, NBC, Bldg. 318, Conference Room

Protecting Yourself Against Identity Theft

June 29, Thursday, 10:00 am--11:00 am, NBSD, Bldg. 259, Classroom 2



For full descriptions of FFSC workshops, visit us at www.cnrsw.navy.mil/fsc

Did you know FFSC offers:

- Information and Referral
- Ombudsman Support
- Exceptional Family Member Program
- General Life Skills Education
- Clinical Counseling
- Family Advocacy Program
- Deployment Services
- Relocation Assistance
- Transition Assistance
- Spouse Employment Assistance
- Personal Financial Management
- Sexual Assault Victim Intervention



All active duty, reservists, retirees, DoD personnel, and their family members are invited to attend these programs and use The Fleet & Family Support Center services.

Naval Base Coronado (NBC)
619/545-6071 • Bldg. 318
Mon-Fri, 7:30 am - 4:30 pm

Naval Base San Diego (NBSD)
619/556-7404 • Bldg. 259 & 263
Monday 7:30 am - 7:00 pm
Tue-Fri, 7:30 am - 4:30 pm

Naval Base Point Loma (NBPL)
619/553-8306 • Bldg. 211 & 212
Mon-Fri, 7:30 am - 4:30 pm

~We will be closed, Tuesday, July 4th, in observance of Independence Day.~

Parenting, Family, Counseling

For registration or more information on the following workshops, please call 553-4744, *unless otherwise noted*, or log on to our website at www.cnrsw.navy.mil/fsc

Adults Molested as Children (AMAC Group for Women)

Group therapy is available in 8-week psycho-educational groups. Call the Counseling Dept. at 545-6071 for more details. Mondays, 2:00 PM-4:00 PM, NBC, Bldg. 318

Boot Camp For New Dads

To register, call 532-6846.

Couples Conflict Resolution (How To Fight Fair In Love And Marriage)

June 5, Monday, 5:00 pm--7:00 pm, NBSD, Bldg. 263, Classroom 6
June 28, Wednesday, 5:00 pm--7:00 pm, NBSD, Bldg. 259, Classroom 2

Deployed Spouse Support Group

Call 556-7404 or 545-6071

Effective Parenting Class

June 5, Monday, 5:00 pm--8:00 pm, NBSD, Bldg. 263, Classroom 6
June 7, Wednesday, 5:00 pm--8:00 pm, NBSD, Bldg. 263, Classroom 6
June 12, Monday, 5:00 pm--8:00 pm, NBSD, Bldg. 263, Classroom 6
June 14, Wednesday, 5:00 pm--8:00 pm, NBSD, Bldg. 263, Classroom 6
June 19, Monday, 5:00 pm--8:00 pm, NBSD, Bldg. 263, Classroom 6
June 21, Wednesday, 5:00 pm--8:00 pm, NBSD, Bldg. 263, Classroom 6
June 26, Monday, 5:00 pm--8:00 pm, NBSD, Bldg. 263, Classroom 6
June 28, Wednesday, 5:00 pm--8:00 pm, NBSD, Bldg. 263, Classroom 6

Engaged and Married Couples Workshop (PREP)

June 20, Tuesday, 8:00 am--4:00 pm, NBC, Bldg. 318, Learning Center

Individuals, Couples, & Family Counseling

Mondays, 7:30 AM--7:00 PM, NBSD
Tuesday--Friday, 7:30 AM--4:30 PM, NBSD
Monday--Friday, 7:30 AM--4:30 PM, NBC or NBPL
Fridays, 8:00 AM-5:00 PM, Murphy Canyon Chapel Annex (*by appt. Only*)

Navy New Parent Support Program's In-Home Parenting Classes

Parenting support available in your home! To schedule an appointment or for more information, call 556-8812.

Responsible Anger Management

To register, call 553-4744
June 8--9, Thursday-Friday, 9:00 am--2:00 pm, NBPL, Bldg. 140, Classroom 120
June 29--30, Thursday-Friday, 9:00 am--2:00 pm, NBPL, Bldg. 140, Classroom 120



Personal Improvement

For registration or more information on the following workshops, please call 556-7414 or email FFSCMobility@navy.mil.

Decision-Making and Resource Management

June 13, Tuesday, 10:00 am--11:00 am, NBSD, Career Information Center, Pier 6, Bldg. 3416
June 14, Wednesday, 10:00 am--11:00 am, NBPL, Bldg. 211, Classroom 1
June 20, Tuesday, 10:00 am--11:00 am, CB Village, Bldg. 3535
June 28, Wednesday, 10:00 am--11:00 am, NBC, Bldg. 318, Learning Center

Goal Setting

June 13, Tuesday, 2:00 pm--3:00 pm, NBSD, Career Information Center, Pier 6, Bldg. 3416
June 14, Wednesday, 2:00 pm--3:00 pm, NBPL, Bldg. 211, Classroom 1
June 20, Tuesday, 2:00 pm--3:00 pm, CB Village, Bldg. 3535
June 28, Wednesday, 2:00 pm--3:00 pm, NBC, Bldg. 318, Conference Room

Improving Time Management

June 13, Tuesday, 1:00 pm--2:00 pm, NBSD, Career Information Center, Pier 6, Bldg. 3416
June 14, Wednesday, 1:00 pm--2:00 pm, NBPL, Bldg. 211, Classroom 1
June 20, Tuesday, 1:00 pm--2:00 pm, CB Village, Bldg. 3535
June 28, Wednesday, 1:00 pm--2:00 pm, NBC, Bldg. 318, Conference Room

Team Building

June 13, Tuesday, 9:00 am--10:00 am, NBSD, Career Information Center, Pier 6, Bldg. 3416
June 14, Wednesday, 9:00 am--10:00 am, NBPL, Bldg. 211, Classroom 1
June 20, Tuesday, 9:00 am--10:00 am, CB Village, Bldg. 3535
June 28, Wednesday, 9:00 am--10:00 am, NBC, Bldg. 318, Conference Room

Life Skills

For registration or more information on the following workshops, please call 553-4744 or log on to our website at www.cnrsw.navy.mil/fsc

Building Effective Anger Management Skills

June 6, Tuesday, 1:00 pm--3:00 pm, NBPL, Bldg. 211, Classroom 1
June 14, Wednesday, 5:00 pm--7:00 pm, NBSD, Bldg. 259, Classroom 2
June 21, Wednesday, 2:00 pm--4:00 pm, NMC, Bldg. 26, 1st Fl.

Dealing with Stress

June 7, Wednesday, 2:00 pm--4:00 pm, NMC, Bldg. 26, 1st Fl.
June 13, Tuesday, 9:00 am--11:00 am, NBPL, Bldg. 211, Classroom 1
June 21, Wednesday, 5:00 pm--7:00 pm, NBSD, Bldg. 259, Classroom 2

Couples Communication

June 7, Wednesday, 5:00 pm--7:00 pm, NBSD, Bldg. 263, Classroom 6
June 12, Monday, 5:00 pm--7:00 pm, NBSD, Bldg. 259, Classroom 2

Effective Communication In The Workplace

June 19, Monday, 5:00 pm--7:00 pm, NBSD, Bldg. 263, Classroom 6

Conflict Resolution

June 26, Monday, 5:00 pm--7:00 pm, NBSD, Bldg. 263, Classroom 6

Relocation, Info & Referral

For registration or more information on the following workshops, please call 556-7414 or email FFSCMobility@navy.mil.

Command Leadership Orientation

June 1, Wednesday, 8:00 am--4:00 pm, NBC, Bldg. 318, Conference Room

Military Spouse 101

June 12, Monday, 5:30 pm--7:00 pm, NBSD, Bldg. 259, Classroom 1
June 14, Wednesday, 9:00 am--10:30 am, NBC, Bldg. 318, Conference Room

International Spouse Orientation

June 21, Wednesday, 1:00 pm--2:30 pm, NBSD, Bldg. 259, Classroom 2

EFM Command POC Training

June 22, Thursday, 9:00 am--10:00 am, NBSD, Bldg. 263, Classroom 3

Exceptional Family Member Program (EFMP) Orientation

June 29, Thursday, 10:00 am--11:00 am, NBSD, Bldg. 263, Classroom 4

Active Duty Pregnancy Resources Workshop

June 07, Wednesday, 8:00 am--12:00 pm, NBSD, Bldg. 263, Classroom 3
June 21, Wednesday, 12:00 pm--4:00 pm, NBPL, Bldg. 211, Classroom 2

Developing Your Family Care Plan

June 6, Tuesday, 2:00 pm--3:00 pm, Career Information Center, Pier 6, Bldg. 3416
June 19, Monday, 5:30 pm--6:30 pm, NBSD, Bldg. 259, Classroom 2

Smooth Move

June 5, Monday, 5:30 pm--6:30 pm, NBSD, Bldg. 259, Classroom 2
June 15, Thursday, 1:30 pm--2:30 pm, NBSD, Bldg. 259, Classroom 1
June 22, Thursday, 9:00 am--10:00 am, NBPL, Bldg. 211, Classroom 2
June 27, Tuesday, 2:00 pm--3:00 pm, NBC, Bldg. 318, Conference Room

Preparing for an Overseas Tour

June 8, Thursday, 9:00 am--10:00 am, NBPL, Bldg. 211, Classroom 2
June 13, Tuesday, 10:00 am--11:00 am, NBSD, Bldg. 259, Classroom 1
June 26, Monday, 5:30 pm--6:30 pm, NBSD, Bldg. 259, Classroom 2

Sponsor Coordinator Training

June 14, Wednesday, 10:00 am--11:00 am, CB Village, Bldg. 3535
June 22, Thursday, 10:00 am--11:00 am, NBSD, Bldg. 259, Classroom 1

Sponsor Training

June 7, Wednesday, 2:00 pm--3:00 pm, NBSD, Bldg. 259, Classroom 2

Welcome to San Diego Workshop & Free Tour!

June 7, Wednesday, 9:00 am--9:30 am, NBSD, Bldg. 259, Classroom 1

